

## **Support Group Alternatives for Caregivers**

Support groups can be a resource to meet people who have struggled with the same problems as you, and have found answers. They offer a safe place to share emotions and experiences, seek and give advice, and exchange practical information.

Use the Community Resource Locator at <http://www.800ageinfo.com/map/> to learn about support groups in your community

### **Online Support Groups**

If you can not make a commitment to participate in a support group on a regular basis, you might prefer an online group, where you can get help, information and support via the internet. Support groups on the internet can take on many forms. Usually, though, you will find three types of on-line caregiver support groups: chat rooms, discussion groups (or bulletin boards), and e-mail groups (or listservs).

Elder Care Online <http://www.ec-online.net/Community/Activists/can.htm>

Well Spouse Association

[http://www.wellspouse.org/index.php?option=com\\_content&task=section&id=6&Itemid=34](http://www.wellspouse.org/index.php?option=com_content&task=section&id=6&Itemid=34)

Children of Aging Parents <http://www.caps4caregivers.org/>

AARP Caregivers Discussion Groups

<http://community.aarp.org/n/pfx/forum.aspx?nav=messages&webtag=rp-health&redirCnt=1>